MASS SHOOTING AT QUEBEC MOSQUE
Police confirm casualties, two suspects in custody, five reported killed metroNEWS

Toronto metro
Your essential daily news MONDAY, JANUARY 30, 2017 High -3°C/Low -6°C Mix of sun and cloud

Donald Trump's administration: *Muslim ban*

'BLATANT RACISM'

Bayan Khatib's family came to Canada from Syria when she was seven. Now she's afraid to visit family in the U.S. because of the policy — and rhetoric — targeting Muslims

Bayan Khatib in Mississauga on Sunday.
EDUARDO LIMA/METRO

Gilbert Ngabo
Metro | Toronto

Amid the chaos unleashed by President Trump's new travel ban, Bayan Khatib is worried she may not be able to see her family any time soon.

As a Syrian-Canadian, she should be able to travel in and out of the United States without an issue.

Immigration Minister Ahmed Hussen told reporters in a press conference Sunday Canadian dual citizens and permanent residents are exempt from the ban.

But hearing about migrants, refugees, and people with valid visas and green cards detained at airports or denied entry to the U.S. in the wake of Trump's executive order has left Khatib anxious about making trips south of the border.

"This is very shocking and blatant racism," she said of Trump's 90-day travel ban aimed at people from Iran, Iraq, Sudan, Somalia, Syria, Yemen and Libya. "I never thought things would get this ugly in the Western free world."

On the other side of the border there's equal confusion. Toronto resident and Iranian-Canadian Newsha Ghaeli is currently conducting research at MIT, and decided to postpone her visit to see family in Canada next month.

"I don't want to take chances. It puts us under a lot of anxiety," she told Metro Sunday as she participated in a demonstration against the ban in Boston

Osman Ali, director of the Somali Canadian Association of Etobicoke, said the ban has impacted hundreds of refugees who were ready to fly into the U.S.

"Who's going to help them? They checked out of refugee camps and now they're stranded," he said.

Khatib remains concerned the American sentiment may spill over and reach north.

"I hope we're safe for the next three years but there's this Trump ideology that's growing in Canada," she said. "I'm scared of what's going to happen after this administration."

T.O. PROTEST

A peaceful protest is planned at the U.S. Consulate at 360 University Ave. in Toronto Monday in support of refugees and Muslims. It's due to start at 8 a.m. Consulate staff have announced they will temporarily suspend services in light of the expected crowds.

Plus **More on the travel ban** metroNEWS & metroVIEWS

FROM CHAOS TO 'CRISIS MODE' FOR ADVOCATES

MUSLIM-CANADIANS SPEAK UP NATIONWIDE

WHAT RESTRICTIONS MEAN TO CANADIANS

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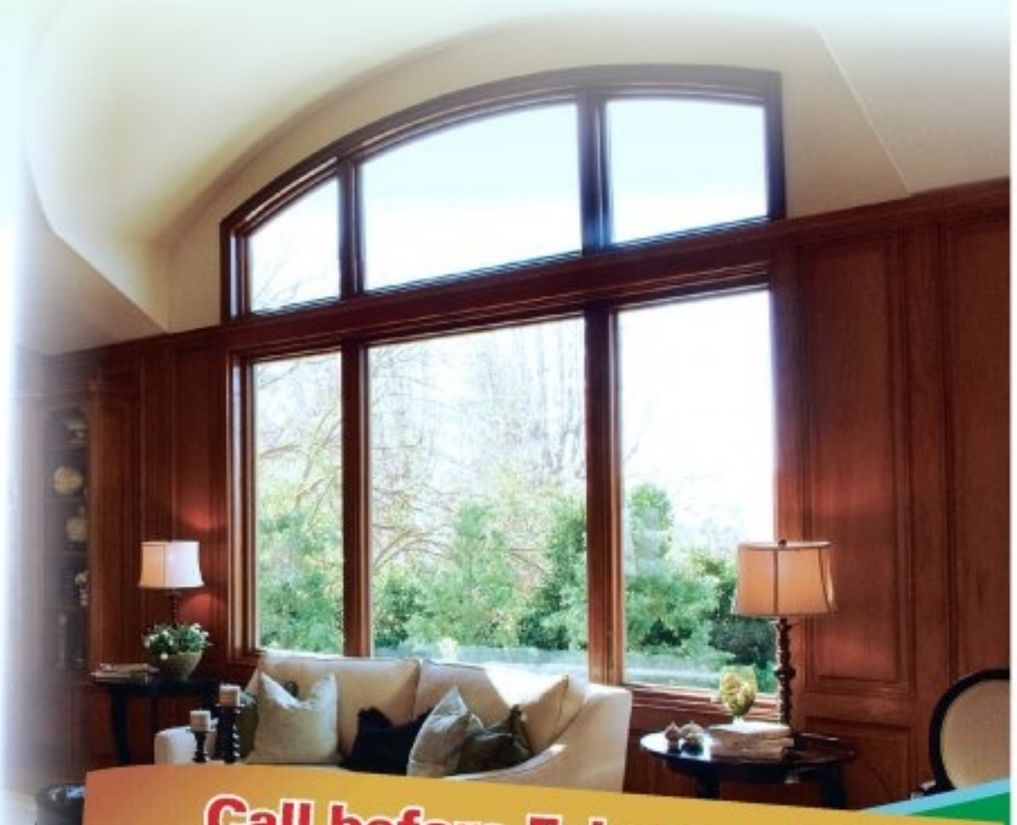

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metro NEWS
Your essential daily news
Army sent in after ice storm in New Brunswick. **Canada**

Toronto Ward Museum co-founder Gracia Dyer Jalea is leading a project to collect migration stories from three neighbourhoods as part of the country’s 150th anniversary. CONTRIBUTED

Immigrants asked for their stories

CANADA 150

Museum seeks local tales of new Canadians shaping nation

Gilbert Ngabo
Metro | Toronto

A Toronto non-profit is marking Canada’s 150th anniversary by searching for local stories that show how immigrants have helped shaped the country.

The Toronto Ward Museum is preparing to send a handful of young people into three different neighbourhoods to collect stories of immigrants, with a focus on how good neighbourliness helps in national building.

It’s part of the museum’s Block By Block project, which is set to explore how people from around the world manage to find a sense of belonging in Canada, said museum co-founder Gracia Dyer Jalea.

“You hear a lot about how we’ve become a multicultural society, but this project wants to examine how the hyper local story of a neighbourhood can relate to the national fabric,” she said.

The three neighbourhoods to be studied — St. John’s Ward in Toronto, Cote-des-Neiges in Montreal and Strathcona in Vancouver — have historically been diverse and welcoming to new immigrants.

By documenting at least ten migration stories from each of them, the project seeks to build bridges between the past and the present, and engage newcomers in conversations that will showcase and celebrate the country’s diversity.

The multimedia project will share profiles and portraits with the public through an online platform. The stories will also be displayed at block parties to be organized in the three respective neighbourhoods later in the summer.

Jalea, who is of Filipino background and was born and raised in Etobicoke, said the purpose of the project is to create space for people whose stories are often left out of the society’s narrative.

“Growing up, people would always ask: ‘Who are you? Where are you from?’ I’m just a human being, you know,” she said.

“Such questions made me wonder if I really belonged to this city that doesn’t immediately recognize me as Canadian. Hopefully no one has to feel like that anymore.”

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Bridging mental health gap

PUBLIC OUTREACH

Young people struggle to find care after 'aging out'

Molly Schoo started mental health treatment at age 12.

Diagnosed with depression and an eating disorder, she was admitted to SickKids in Toronto and continued to get youth-oriented care throughout her teens.

By the time she went away to university, though, she was feeling better and no longer getting care at the children's hospital.

Then she relapsed and had to withdraw from school.

She would have liked to return to SickKids but couldn't. She was now over 18 and too old for the services she had known for years.

"Trying to find care after that was excruciatingly painful," says Schoo, now 23.

Schoo is one of many young people in Ontario, and across Canada, who hit a stumbling block in their mental health care because of the gaps between youth and adult services, which can lead to a different therapist, different institution, even a different government ministry handling your care.

"Mental health and addiction services for young people typically cap out at age 18," says Christopher Canning, manager of policy and research at the Mental Health Commission of Canada.

Once they have gotten too old for youth services, "transitional age" or "emerging" adults as they are called in the mental health care system, must find new professionals to treat them.

That process can involve wait times of six months to a year or more, or out of pocket costs for faster access.

And, when they do get to see a professional, they may find the treatment methods markedly different from their youth services experience.

After seven months on a waiting list, and short stints in several different hospitals, Schoo got into an adult in-patient eating disorder program. But, with other patients as old as 55, she felt like an outsider because of her age.

And, she says, the staff's approach was different, even less compassionate, from the kind she was used to in adolescent treatment.

Molly Schoo is a public outreach speaker who says there should be a care system stretching from age 17 to 30. TORSTAR NEWS SERVICES

It can be a common complaint amongst young adults.

More than 50 per cent of young people simply stop seeking treatment during this transition period, putting them at a "significantly higher risk of developing more enduring mental health problems later in life," according to a 2015 Mental Health Commission of Canada report.

Multiple provincial ministries oversee mental health services in Ontario.

The Ministry of Health and Long Term Care and the Ministry of Child and Youth Services are working together, in collaboration with other key ministries and with the advice of the Mental Health and Addictions Leadership Advisory Council, to improve access to quality services and the transitions between them.

LOFT Community Services, in southern Ontario, runs a Transitional Age Youth Program for 16 to 26-year-olds.

With funding the Ministry of Health, the Ministry of Child and Youth Services and private donors, LOFT helps young people connect with, and navigate, mental and physical health care, learn life skills and find housing, if needed.

Schoo, now in her fourth year at Western University in London, Ont., and a public outreach speaker for the youth mental health organization, says she thinks there should be a care system stretching from age 17 to 30.

"After 30 you're likely not in university, you have a family, you have experiences that don't relate to younger people in (psychiatric) groups and on wards."

TORSTAR NEWS SERVICE

GARBAGE COLLECTION

Trash talk continues as privatization debate starts

Mayor John Tory's push to make good on a 2014 election promise to expand privatized garbage collection into Toronto's eastern half is headed for a showdown this week at city hall.

The vote has the potential to deliver the mayor his first major council defeat and follows weeks of campaigning — and battles on Twitter — by pro and anti-privatization forces using robocalls, radio ads and old fashioned door knocking.

The pressure tactics will continue this week. CUPE Local 416, which represents 500 city solid-waste employees, is urging its members and their families to show up to city hall wearing Local 416 hats and "Kicked to the Curb" T-shirts.

Starting Tuesday, council is expected to begin debating whether to initiate a bidding process to determine who can collect the garbage in Scarborough at the best possible price. Right now, city workers handle that dirty business.

The vote's outcome is not a foregone conclusion.

Last week, councillors across the political spectrum — including some members of the mayor's executive committee — were either undecided or leaning toward a "no" vote.

Deputy Mayor Denzil Minnan-Wong said he doesn't understand what the fuss is about. He was in charge of contracting out garbage, between the Humber River and Yonge Street, under the late Mayor Rob Ford.

"It makes sense to get the best price, and the only way to find out the truth is to go to the market and ask," says Minnan-Wong.

TORSTAR NEWS SERVICE

Toronto DIGEST

POLICE

Newsletter under investigation

A controversial "anti-Marxist" newsletter, which the federal government has already banned Canada Post from delivering, is under investigation again for allegations of a hate crime, Toronto police said Sunday.

Your Ward News was previously investigated by the Hate Crimes Unit in 2015. TORSTAR NEWS SERVICE

EMPLOYMENT

Losing wages due to legal loopholes

Employees lose $45 million in potential earnings each week because legal loopholes exclude them from basic workplace rights like holiday pay, overtime pay, vacation pay and even minimum wage, a government-commissioned study shows.

Almost two million Ontario employees are not eligible for at least one of these entitlements, the research submitted to the Ministry of Labour found.

TORSTAR NEWS SERVICE

REFUGEES

Bed shortage in shelters

Since the beginning of the fall, the peak season for refugee arrivals, Toronto's already strained refugee shelter system has been dealing with what some operators call an unprecedented bed shortage.

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WOMEN'S RIGHTS

Play about rape-murder case to convey message of violence

Gilbert Ngabo
Metro | Toronto

Serial killer Russell Williams' police interrogation and subsequent confession is about to hit the stage in Toronto — told by a female cast of two through a feminist lens.

One Little Goat Theatre Company will premiere Smyth/Williams, a play based on the transcripts from the cross-examination of the embattled former military star now serving a life sentence.

The play's goal is to highlight an issue that's becoming more urgent in our society: violence against women and girls.

Deborah Drakeford, left, and Kim Nelson. CONTRIBUTED

"This problem is becoming endemic, especially in the military," said artistic director Adam Seelig, noting a 2015 report from retired Supreme Court justice Marie Deschamps, which showed a woman in the military is five times more likely to be sexually assaulted than a civilian.

But the problem is also prevalent in other structures within society, he said.

"Look at the misogynistic rhetoric coming from politics south of our border," he said, commending last weekend's Women's March on Washington and others around the world. "We can't just let the rights of women to be trampled on."

The play is an attempt to use an "extreme case" to convey a message, said Seelig.

It's based around interviews of Williams conducted by OPP Det. Sgt. Sergeant Jim Smyth. They detail what happened in two rape-murders for which Williams was eventually convicted.

Seelig said the unsettling material is intended to make people more aware of the violence.

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Empower our cities

The premier's toll reversal shows why the province's municipalities need more control over their own affairs.

OPINION

Matt Elliott

Here's the sad and ridiculous reality of municipal government today: cities have no power.

As enshrined in the Canadian Constitution, cities are creatures of the province — subservient to provincial will. As a result, despite being a global centre for business and culture — representing a full 10 per cent of the Canadian GDP — Toronto is completely subject to the whims of provincial politicians.

This tends to make life frustrating for Mayor John Tory. On Friday, Tory was so angry at the province he started talking about his short pants.

"It is time that we stop being treated — and I stop being treated — as a little boy going up to Queen's Park in short pants to say, 'please, could you help me out with something that I thought was in the City of Toronto Act that I could do?' and being told, 'no, I'm terribly sorry, go away and come back some other day,'" he told reporters.

The fired-up Tory was referring to Premier Kathleen Wynne's surprise decision to halt Toronto's plan to put tolls on the Gardiner Expressway and Don Valley Parkway. It was a betrayal of trust from Wynne — a sudden about-face that threw the mayor's council-backed plan to pay for infrastructure into disarray.

With one announcement, the provincial government undercut the city's autonomy.

The worst part? It's hardly the first time something like this has happened. It happens all the time.

"It's time to get angry, and it's time to demand better.

Vehicles make their way into and out of downtown Toronto along the Gardiner Expressway in November 2016. THE CANADIAN PRESS FILE

It was provincial meddling — and a conveniently-timed Scarborough byelection — that ultimately led to the city reversing course on the planned Scarborough LRT, instead adopting a plan for a much, much more expensive subway with fewer stops.

And that's just one of the province's greatest hits. There's also the problem-ridden Presto fare card system, which the TTC and Toronto rejected before it was forced on them. There was the withdrawal of provincial pooling funds, which blew a sudden hole in Toronto's budget. There is the continued refusal to take responsibility for social housing.

And, of course, there is the very act of amalgamation itself — a political move that was rejected by Toronto voters in a referendum and then brazenly done anyway.

I am not suggesting Toronto and its politicians are blameless victims. They aren't. But the pattern is impossible to ignore.

This latest broadside from the province should be the breaking point. I am over seeing Toronto mayors put on their short pants and play nice with a provincial government that keeps messing things up.

It's time to get angry, and it's time to demand better. Continued attempts to build this city will always fail if those efforts can be unilaterally erased by another level of government. The power to shape cities should belong to cities. Accept nothing less.

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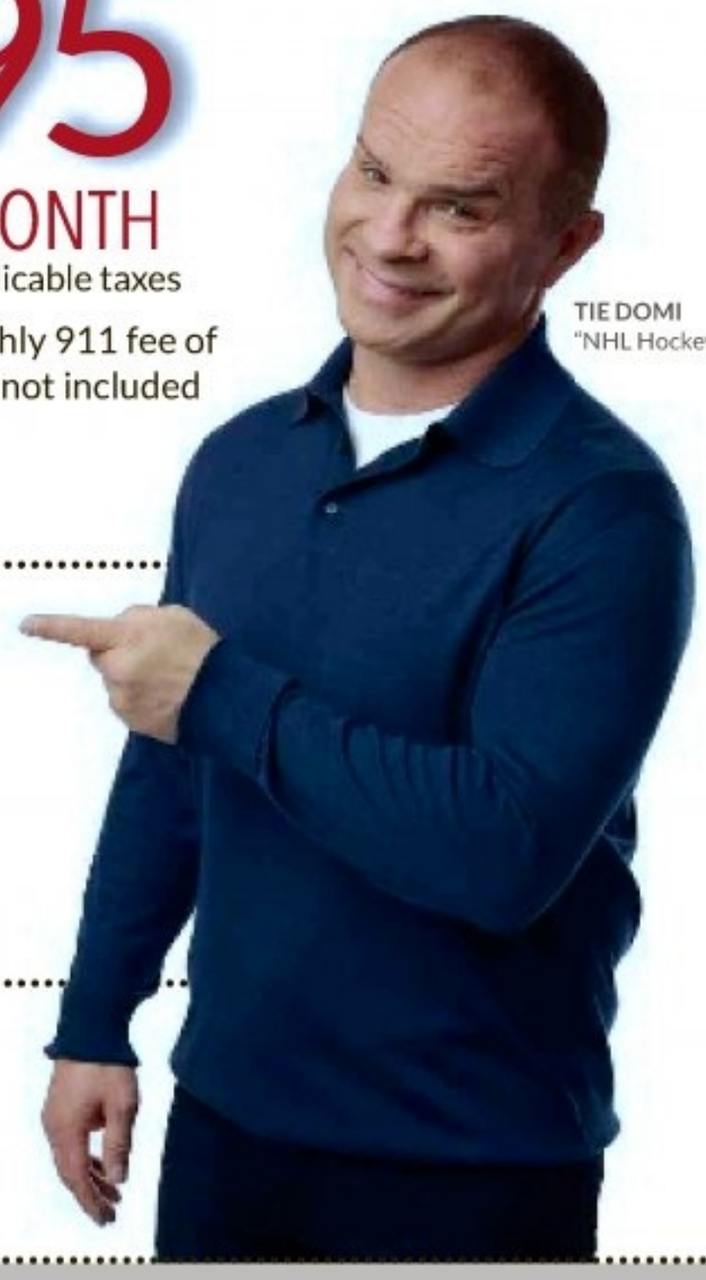

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Fatalities in mosque shooting

An ABC News screengrab shows police vehicles outside a mosque in Quebec City on Sunday night.

QUEBEC CITY

Two suspects held, no motive confirmed

Quebec City police said late Sunday there have been fatalities at a shooting incident at a mosque in the provincial capital.

Police tweeted there were deaths and injuries but didn't say how many victims there were.

Unconfirmed reports varied in number of casualties, but news service Reuters was reporting that five people were dead.

Police said two suspects were in custody.

Public Safety Minister Ralph Goodale tweeted Sunday he is saddened by the loss of life, and his office said no motive has been confirmed.

The mosque in question had a pig's head left outside the building last June. THE CANADIAN PRESS

NEW BRUNSWICK

Army deployed to aid after storm

New Brunswick's premier says the military is sending between 100 and 150 troops to help with recovery efforts in the areas that have been hardest hit by last week's ice storm.

Brian Gallant said Sunday that soldiers are being deployed over the next 24 hours in the effort to assist local authorities by going door-to-door to check in on residents, clear debris and distribute water and other essentials.

"Everybody is in a mode in which we understand that every minute counts, every hour counts and every day counts, and we're all focused on one thing," he said.

New Brunswick Power reported that more than 25,000 customers were affected by the outages Sunday, the bulk of them on the Acadian peninsula. THE CANADIAN PRESS

MILITARY

Al-Qaida targeted in U.S. raid in Yemen

A U.S. military service member was killed Sunday during a raid against al-Qaida militants in central Yemen that also left nearly 30 others dead, including women and children.

The loss of the service member is the first-known combat death of a member of the U.S. military under President Donald Trump.

"Americans are saddened this morning with news that a life of a heroic service member has been taken in our fight against the evil of radical Islamic terrorism," Trump said in a statement.

The U.S. has been striking al-Qaida in Yemen from the air for more than 15 years, mostly using drones, and Sunday's surprise pre-dawn raid could signal a new escalation against extremist groups in the Arab world's poorest but strategically located country.

A U.S. defence official said the raid was approved by Trump. President Barack Obama had been briefed on it before he left office on Jan. 20, but for operational reasons it was not ready to be executed before he departed, according to the official. THE ASSOCIATED PRESS

Smoke billows behind a building following a Jan. 22 airstrike by the Saudi-led coalition in the Yemeni capital Sanaa. AFP/GETTY

NIGERIA

Gunmen ambush convoy

Gunmen believed to be Nigeria's Boko Haram Islamic extremists attacked a convoy of motorists along a recently secured highway, killing at least seven people and injuring many others, including soldiers in a military escort, witnesses said.

The Maiduguri-Biu highway has been one of the most dangerous routes in northeastern Nigeria for three years because of Boko Haram attacks. The Nigeria military recaptured it last year and declared it safe, but the military escorts motorists moving in convoy along the road.

The gun fight continued for some time with many passengers ducking in their vehicles to avoid being hit by bullets, said Pambe.

The incident came three days after Boko Haram gunmen suffered a heavy loss of members after a foiled attempt to attack a military base in Borno state. In that incident, a large number of the insurgents stormed a military base in Kamaya but failed to dislodge the soldiers.

Neither the police nor the military has yet issued a statement on the Maiduguri-Biu road attack. THE ASSOCIATED PRESS

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Donald Trump's administration: *Muslim ban*

Global reaction Many decry ban while nationalists applaud

UNITED KINGDOM
British Prime Minister Theresa May does "not agree" with Trump's order and will challenge the U.S. government if it has an adverse effect on British nationals, a spokesman said. A petition on the British Parliament's site attracted hundreds of thousands of signatures backing its call for Trump, who has been invited to meet Queen Elizabeth II, to be barred. AP

GERMANY
Chancellor Angela Merkel also regretted the ban. Merkel raised the issue during a phone call with Trump, citing the Geneva Refugee Convention that calls on signatories to take in people fleeing war. "She is convinced that even the necessary, resolute fight against terrorism doesn't justify putting people ... under general suspicion," a spokesman said. AP

NETHERLANDS
In contrast, nationalist and far-right groups in Europe applauded the restrictions and said they should be used a model for the continent.
The Dutch anti-Islam populist Geert Wilders said in a tweet: "Well done @ POTUS it's the only way to stay safe + free. I would do the same. Hope you'll add more Islamic countries like Saudi Arabia soon." AP

ITALY
In Italy, the leader of the anti-immigrant Northern League party also expressed admiration. "What Trump's doing on the other side of the ocean, I'd like it done also here," Matteo Salvini said. Meanwhile, Italy's Interior Minister Marco Minniti, who had held top security roles in recent governments, warned against "equating immigration and terrorism." AP

Protesters carry signs in Lafayette Park near the White House during a demonstration to denounce President Trump's executive order. ALEX BRANDON/THE ASSOCIATED PRESS

Advocates 'in crisis mode'

RESISTANCE

Lawyers struggle, protesters rally as White House clamps down

President Donald Trump's immigration order sowed more chaos and outrage across the country Sunday, with travellers detained at airports, panicked families searching for relatives and protesters registering opposition to the sweeping measure that was blocked by several federal courts.

Attorneys struggled to determine how many people had been affected so far by the rules, which Trump said Saturday were "working out very nicely."

But critics described widespread confusion, with an untold number of travellers being held in legal limbo because of ill-defined procedures. Lawyers manned tables at New York's Kennedy Airport to offer help to families whose loved ones had been detained, and some 150 Chicago-area lawyers showed up at O'Hare Airport after getting an email asking for legal assistance on behalf of travellers.

"We just simply don't know how many people there are and where they are," said Lee Gelernt, deputy director of the American Civil Liberties Union's Immigrants' Rights Project.

Advocates for travellers say the chaos is likely to continue. The executive director of National Immigration Law Center, Marielena Hincapie, said "this is just the beginning."

"We're really in a crisis mode, a constitutional crisis mode in our country, and we're going to need everyone," she said. "This is definitely one of those all-hands-on-deck moments."

Protests continued across the country Sunday. Demonstrations first erupted Saturday, a day after Trump signed the order banning travel to the U.S. by citizens of Iraq, Syria, Iran, Sudan, Libya, Somalia or Yemen. The president also suspended the U.S. refugee program for four months.

Standing in sight of the Statue of Liberty and Ellis Island, demonstrators on Sunday packed New York City's Battery Park to demand an end to President Donald Trump's ban on travellers from seven majority Muslim nations. The crowd gathered Sunday near the ferries that carry visitors to the statue and the island, the place where 12 million people entered the U.S. in the golden age of immigration. They carried signs saying "America was built by refugees." THE ASSOCIATED PRESS

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Donald Trump's administration: *Muslim ban*

Voices from across Canada

As the reality of President Donald Trump's sweeping immigration order sinks in, dual Canadian citizens and refugees remain anxious and on edge. The order temporarily bars the citizens of seven predominantly Muslim nations — Iraq, Syria, Iran, Sudan, Libya, Somalia and Yemen — from entering the U.S. METRO CANADA

HALIFAX

A Halifax woman with a dual citizenship can't even think about traveling to the United States right now.

News of the American travel ban shocked Nikki Jafari. Born in Iran, Jafari was raised in Turkey and moved to Canada as a child, settling in Halifax.

She said she used to travel to the U.S. a lot but not anymore.

"Now I'm just sick thinking about it," she said.

"It creates so much conflict for real people," she added.

Jafari said she thinks President Trump is unfairly targeting these seven countries. It also feels like the world isn't remembering the lessons it learned about hate and intolerance, she said. It's very sad, she said, that everyone is watching but not doing anything.

"It's just all so sad, when you think about the wars all over the world it's just the innocent people that pay the price for what the governments decide."

Edmonton's Saghar Sobhani. CONTRIBUTED

Winnipeg's Azita Fazelkhah. CONTRIBUTED

Vancouver's Wyle Baoween. JENNIFER GAUTHIER/FOR METRO

Calgary's Yusra Alshakh. ELIZABETH CAMERON/METRO

CALGARY

A Syrian refugee family who moved to Calgary shortly after their initial arrival in the U.S. is heartbroken they will not be able to visit family across the border.

"This isn't fighting terrorism, it's tearing families apart," said Saima Jamal, co-founder of the Syrian Refugee Support Group (SRSG).

She described a Syrian refugee family comprised of a couple and two young children who moved to Canada last year.

The woman, Yusra Alshakh, was planning to visit her family members that live in the U.S., but the SRSG had to explain that was not an option for the next few months at least. Speaking through a translator, she said she feels devastated she might not get to see her mother or sister.

Refugees are fleeing countries ravaged by war and the same terrorism Trump claims he is protecting the U.S. from, Jamal said.

"To see these people blanket labelled as terrorists — it's unbelievable."

VANCOUVER

Vancouver resident and entrepreneur Wyle Baoween just returned from an annual family vacation in Hawaii with his American in-laws and had planned to attend several investor meetings in Seattle, but after U.S. President Donald Trump's executive order on Friday, he says he no longer feels comfortable travelling to those places.

Baoween, a Canadian permanent resident originally from Yemen, came to B.C. about one year ago as a student.

He and two friends co-founded the company, HRx, in an effort to eliminate racial profiling from the hiring process.

But the recently announced day travel ban has shaken his optimism.

"I was frustrated. You feel like you have no power to change anything," he said.

WINNIPEG

An Iranian woman studying in Winnipeg is trying to understand what the United States' new immigration policies mean for her and her boyfriend.

Azita Fazelkhah is from Iran. The 29-year-old has been in Winnipeg on a student visa since September 2014. She's working on a PhD in electrical engineering at the University of Manitoba and had planned to attend a scientific conference in New Orleans in February.

The travel ban means she will likely have to cancel a trip she and her Iranian boyfriend spent months planning.

"I live in Canada, I study in Canada, but I can't to the U.S.," Fazelkhah said, adding that missing out on the conference means she loses a chance to network with and learn from experts in her field.

Fazelkhah and her boyfriend arranged to visit New York, Las Vegas and California while in the U.S. and spent thousands of dollars preparing for the trip. They haven't cancelled their bookings yet, but Fazelkhah said she hopes she can get her money back.

OTTAWA

Ottawa residents who have been Canadian citizens for decades are still fearful of travelling to the United States, because of U.S. President Donald Trump's sweeping ban on travel from seven Muslim-majority countries.

Amin Asadollahi, climate change lead at the International Institute for Sustainable Development in Ottawa, travels for work and said despite those assurance he is going to be cautions about travelling.

"Am I no longer able to do that? Do I have to teleconference in?" He said.

Asadollahi said the U.S. policy change was so swift he finds it hard to predict what the administration might do next.

"It's not clear and it also doesn't feel right. It doesn't feel right to be labeled as a criminal just because of where I was born," he said.

He said Canada should condemn these policies for what they are.

"He is labeling people based on their religion and their place of birth as criminals," he said. We should call racist policy racist."

EDMONTON

Trump has suddenly canceled Valentine's Day plans for an Iranian couple, one who lives in Edmonton and the other in California.

Saghar Sobhani, 22, has spent about a quarter of her short life searching for a place to welcome her and her family — all of them Baha'i — a religious minority in Iran, the country where she was born and was forced to flee.

But what makes this so personal for Sobhani is that her boyfriend Sahab — who was also born in Iran and forced to flee — now lives in California, where he studies aerospace engineering.

Sobhani said she and her boyfriend met as refugees living in turkey, where she and her family had fled after religious persecution in Iran. About four years ago, the two were forced to part — he moved to California to be with his family, and she came to Canada.

"We technically can't see each other," she said. "I believe in the American people to do something."

Federal immigration minister clarifies restrictions

Ryan Tumilty
Metro | Ottawa

Federal Immigration Minister Ahmed Hussen said Sunday he's been assured Canadian citizens and permanent residents can travel through the United States as usual, even if they also hold citizenship in one of seven countries President Donald Trump targeted in an executive order.

Trump's order over the weekend banned citizens from Iraq, Iran, Syria, Libya, Somalia Yemen and Sudan from travelling to the U.S., leaving thousands in limbo at airports around the world.

Hussen said he has received assurance from officials that dual-Canadian citizens and permanent residents with a valid card would not be stopped.

Daniel Jean, Canada's National Security Advisor, said his American counterparts have assured him that dual Canadian citizens were never the target.

"They never intended to ban Canadian citizens including dual citizens of the seven countries," he said.

Hussen did not condemn the U.S. actions, but said Canada would continue to be open to refugees.

"Every country has the right to determine their policies. I can only tell you that we will continue our long-standing tradition of being open to those seeking sanctuary," he said.

He did not commit Canada to taking on more refugees from the affected countries.

"We're doing our part as a country to meet our global obligations to refugees," he said.

Hussen, who immigrated from Somalia himself in the mid 1990's, said he was never concerned about his ability to travel through the United States even when the implications of Trump's ban were unclear.

"I am a Canadian citizen," he said. "There is no issue with my ability to travel."

Immigration Minister Ahmed Hussen. THE CANADIAN PRESS

metro VIEWS
Your essential daily news
Monday, January 30, 2017

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

Is it polite to decline a destination wedding invitation from a work friend you wouldn't invite to your own wedding?

Dear Ellen,

A work friend of mine got engaged over Christmas, and invited me to the wedding. I was surprised because I love working with her, but we don't really see each other outside of work, and honestly if I was getting married I don't know if I would invite her. The only problem is the wedding is in Jamaica, which is pretty far from Calgary. So it will be expensive to go, and it's in May. I might be tempted to go and make a holiday of it if it was winter here, but it doesn't make sense to go in the spring-summer. I feel bad about not going, but also a little mad that she expects me to pay for a big trip like this. Is it polite to decline the invitation?

Saskia

Dear Saskia,

According to the most recent statistics I could find in a one-minute Google search, more than 160,000 Canadian couples are getting married this year, and, according to Weddingbells.ca, one in four will choose to have destination weddings.

Which means a lot of wedding guests will be shelling out for trips to fulfil someone else's fantasy instead of spending their hard-earned dough on their own pre-planned holiday.

Expecting guests — especially ones such as yourself who aren't close to the couple outside of work, and have no personal connection to the family — to commit so much time and money to their wedding can definitely seem unreasonable.

On the other hand, consider the possibility of mitigating factors. Is the bride inviting other people from work? If so, she may have thoughtfully included you rather than risk your feeling excluded. Is she or her partner originally from Jamaica? If so, they might justifiably want to get married there. Is she actually from Calgary, but going to Jamaica because she hates her local friends and relatives and wants to discourage them from attending? In that case, you can decline the invite with a clear conscience.

As I've pointed out in previous columns, weddings make all kinds of sensible people lose their minds. And the rest of us should go along, as much as possible within reason, in the name of love and friendship.

But that doesn't mean we have to bend to demands we find unacceptable or unaffordable. Simply send your regrets, no explanation necessary, and follow up with a thoughtful gift. If she complains or tries to pressure you, chalk her bad manners up to wedding madness, and try not to hold it against her.

Need advice?
Email Ellen:
scene@metronews.ca

NADINE YOUSIF

Why Trump's Muslim ban really hurts

I made plans to visit New York City over the month of February. Like most Canadians, I did this without a second thought. After all, crossing the border down south is easy for us. Shopping trips in New York State, winter breaks spent in Florida, or a visit to countless U.S. cities to see family and loved ones are common occurrences for Canadians.

Suddenly, my plans came to a halt under Donald Trump's so-called "Muslim ban," all because of my place of birth. I am an Iraqi-Canadian who was born in Baghdad. My family came to Canada 10 years ago, and I currently hold dual citizenship from both countries. As my plans were halted, so was an embodied sense of safety and security that I've held within me since I've immigrated to Canada.

Being Iraqi in today's age already comes with its own challenges — waking up every day to news of massacres back home with the imminent fear of family members being lost, while dealing with the constant desensitization people seem to hold towards tragedies in the Middle East, is never an easy task.

But as an Iraqi-Canadian, I always held a sense of hope and a better future for my family and me. I am constantly grateful for the opportunities and support Canada has given me, while still being proud of my Iraqi identity — a fact I proudly display through a giant Iraqi flag that sits in my bedroom.

When news emerged that dual citizens from the seven countries outlined in Trump's ban are now barred from entering the U.S., the same Iraqi identity I held so dear felt like it was now reduced to an identity of a second-class citizen.

Prime Minister Justin Trudeau reassured the public by stating that Canadian dual citizens can still enter the U.S. with no problems, but the damage has already been done for countless Canadians like me.

This Muslim ban has taken hopes of new experiences, reconnecting with family and loved ones, and the simple freedom of will away from us, while reinforcing an idea that we are merely to be looked at as suspicious, criminals, and untrustworthy.

It is hurtful to know that despite being a citizen of Canada and having visited the U.S. on multiple occasions for the better part of the last six years, freely crossing the border can suddenly be taken away from me, simply because of my place of birth — a fact that cannot be controlled. It is hurtful to know that the possibility to see my grandparents, aunts, uncles, and cousins in the U.S. could diminish at any moment for no reason, and for matters that are beyond my control.

But overall, the most hurtful part is the promotion of the negative and false rhetoric that surrounds Arabs and Muslims in part by this ban, all while many fleeing serious danger are now being denied a chance at life.

For now, I may be able to cross the border in February, but this incident has left those like me to live in a constant state of fear and confusion due to blatant racism.

I know that I, for one, will not be able to cross the U.S.-Canada border under Trump's America without the constant fear of prosecution.

And no innocent person, regardless of any place of birth or citizenship, should ever feel that way.

Nadine Yousif is a fourth-year journalism student at Carleton University, editor of the campus paper, the Charlatan and a dual Iraqi-Canadian citizen.

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Canadian documentary Rumble, about Indigenous musicians, wins award at Sundance

There goes the retirement dream

Nearly two-thirds of boomers say supporting adult children is preventing them from saving for retirement

ISTOCK

Lisa Wright
Torstar News Service

Rowena Chan knows all about the so-called "déja-boom" effect from relatives, friends and the usual water-cooler chatter among colleagues.

But it's also a growing part of her business. The phenomenon of grown kids boomeranging back home has become a big issue when it comes to baby boomers planning for retirement, says Chan, senior vice-president, TD Wealth Financial Planning.

According to a recent TD survey, the boomerang effect is in full swing, as a growing number of millennials continue to lean on their parents or grandparents for financial support — or to get their old room back.

In fact, almost 60 per cent of young adults ages 20 to 24 were living with their parents in 2011, according to the most recent census data, while one quarter of 25- to-29-year-olds were living with their parents that year.

And Statistics Canada says the trend has been steadily increasing since 1981.

One in four Canadian boomers admits to supporting their adult children or grandchildren, says the TD study.

"The people ready to retire in 10 or 15 years, they want their children to have a good start," she says, adding, "It may derail them a bit" from their retirement goals.

The survey found that 62 per cent of the baby-boom generation feels that supporting their offspring into adulthood is preventing them from saving enough for retirement, and 58 per cent reported feeling financially stressed by the situation.

"As a parent or grandparent, it's natural to want to help our kids and grandkids, who may be facing financial challenges such as finding full-time employment or paying their day-to-day expenses," Chan says.

"It's important that this desire to help is balanced with the goals you have when it comes to retirement," she notes.

The trend is not going unnoticed by boomers' children, either.

"It's natural to want to help our kids and grandkids who may be facing financial challenges
Rowena Chan, senior vice-president, TD Wealth Financial Planning

Almost half (44 per cent) of millennials report that they're fully aware of the financial stress the situation places on mom and dad, with 43 per cent of millennials saying they are willing to cut costs before asking for their parents' help.

Experts say that retirement goals are still within reach. Meeting with a financial planner and doing a goals-based assessment is key to determining what the options might be for parents who are supporting kids while keeping their retirement plans on track.

$ LIVING TOGETHER

Some tips to help parents and kids coping with the "boomerang" effect:

Negotiate the return
Discuss how everyone can contribute to the household budget and operations. For example, parents may be able to cover basics such as room and board, but expenses such as cellphone bills, car payments, and recreational activities could be covered by the kids. Also, consider having everyone pitch in to the costs of running the day-to-day operations and dividing the household chores.

Prepare to relaunch
Whether it's a newly married son and his spouse and child, or a daughter who recently graduated and moved back home, there are opportunities to educate all family members on the importance of being fiscally responsible and working toward financial independence. Use a financial planner who has experience working with multi-generational family dynamics.

Decide when to release
As everyone maps out their action plans, identify a date when you will no longer be financially committed to each other. As you approach this date, set up a series of mini-goals that will allow parents or grandparents to free up funds to divert toward retirement savings.

JOHANNA SCHNELLER WHAT I'M WATCHING

1970s sitcom broke ground

THE SHOW: The Mary Tyler Moore Show, S4, E1 (Comedy Gold)
THE MOMENT: The Ultimatum

Lars, the never-seen husband of Phyllis (Cloris Leachman), is having an affair with Sue Ann Nivens (Betty White), the host of WJM's Happy Homemaker show. Phyllis confronts Sue Ann on her set. Sue Ann is unmoved. Mary steps in.

"I have to be in a meeting in 45 seconds," Mary begins. She tells Sue Ann that Ted, the buffoonish, gossipy news anchor (Ted Knight) already knows about her affair, and Mary herself will tell anyone he hasn't. Management won't like it. "So it's either Lars or your show," Mary sums up. Sue Ann chooses her show.

It's hard to describe what a powerful social force a sitcom could be in the 1970s, when Moore ruled the airwaves. Three networks and no VCRs meant that huge audiences watched every show together in real time. By season four, we'd already seen Mary ask for a raise, cross a picket line, admit she took birth control, and have (implied) sex with boyfriends old and new.

But after watching a weekend marathon in the wake of Moore's death last week, I'm struck by how often episodes revolved around two things: adultery or money. Millions of us watched Sue Ann choose her career over her love life, without hesitation. That spoke volumes.

So did this: Not only was Sue Ann not villainized, she went on to become a beloved character. The gentleness of the show's approach to its prickly subject matter may feel a bit dated. But its frankness, and its message that ambition trumps everything, still feel daring.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Betty White's character on The Mary Tyler Moore Show, Sue Ann Nivens, did not get villainized for having an affair and went on to become a beloved character. CBS PHOTO ARCHIVE

Making your food budget go further

PERSONAL FINANCE

Shopping for groceries through winter's prices

Gail Vaz-Oxlade
For Metro Canada

Food prices just keep going up. And up.

My usual rule of thumb of $50 per person per week for groceries just won't cut it in the winter, when a head of anything green costs $5.

So how do you survive on the limited amount you have designated for food?

You have to be a good shopper. For instance, a dozen eggs costs about $3 to $6. Eggs are full of protein and are quite filling.

Shop the sales
One week bread may be on sale, the next tins of salmon. Have a float of about $20 in your food budget to take advantage of the specials that will save you money over the month. Scour the fliers for deals and then hit the store with a price-matching policy. Peanut butter that usually sells for almost five bucks can be had for as little as $2.49 on sale. (I bought four.)

Use everything you buy
Waste is the biggest enemy of a tight budget. Old potatoes become hash browns. Just-going-off veggies become stew fixin's. Chicken bones become stock with addition of some onions (cheap) and left over veggies.

Look for alternatives
Beans are a great source of protein. Add a little sausage (you can buy a pack of five sausages for $3.49; add one to a meal for flavour), and bulk up with veggies that will give you the vitamins and minerals you need to be healthy. Overeating happens when you're eating empty calories and your brain says, "keep going" until you get the nutrients it wants.

Invest in healthy staples
Peanut butter, oatmeal, rice, chickpeas and pasta all make your food budget go much further.

Cook ahead
Batch cook and freeze portions so you can jump-start dinner when you're short of time or energy. Soup is easy to make and can feed you for days (or freeze it for a meal next week and in weeks to come for variety).

DIY
Don't buy prepared foods. Ever! Chop your own lettuce. Cut your own carrots. Back to basics, babies. Making your own sauces means you can flavour them just the way you like (more or less garlic, with or without cilantro).

Add variety
Mussels are cheap (less than $2 a pound) and you don't have to get too fancy with them. Add stock (do you know you can make fish stock from left-over shrimp tails along with fish skin and bones?), sweet onion, garlic, a bay or lime leaf and enjoy a fabulous meal. Or curry those puppies and then use the leftover sauce to cook your next meal.

Slow down
Make eating a wonderful experience as opposed to something you rush through. Savour the flavour. Relish the freshness.

Eat green
Stick with lots of fruit and veggies. As Michael Pollan says, "Eat food, not too much, mostly plants."

This winter Canadians are feeling the pinch over prices at the supermarket. ISTOCK

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YOU CAN DO THIS ANESTHESIA TECHNICIAN

Part of a caring team

WHY I LIKE MY JOB

Ian Hamilton, 41, anesthesia technician, Nova Scotia Health Authority, Halifax

I had been a paramedic for about 10 years and was looking for a change.

As a level-three paramedic, I knew I'd be pretty competent at anything in the operating room (OR) that had to do with anesthesia, so I thought it'd be a good fit.

(I took an) anesthesia course offered by the Maritime Business College; it was the first year they had outsourced it from the hospital, which used run the program in house on an on-demand basis. We learned the basics in class, and then part of the program is a six month, full-time apprenticeship in the OR.

(My job entails) a lot of different things depending on what service I'm working for, like orthopedics, cardiac or neurosurgery.

One of our prime responsibilities is making sure the anesthesia machine is running properly and has the equipment and gases connected. Then I'll speak with the anesthesiologist and find out if he had any concerns about the case, such as airway concerns, which might require special tools. I then help the anesthesiologist and monitor the equipment during surgery.

I like my job because the OR is like a great big family. especially in anesthesia. I've worked in emergency and pre-hospital for so many years, but I really didn't get the same feeling. It's also nice to be surrounded by people who are way smarter than you. Everybody is really there for the same common reasons and we work well together — the teamwork is outstanding.

HOW TO START

Anesthesia technicians are a relatively new field; most have training as a nurse, respiratory technician or paramedic. Some colleges — such as London, Ontario's Fanshawe and the Maritime Business College — offer specialized programs. Hospitals may offer on-the-job training. Those looking at post-graduate courses may need a respiratory therapy advanced diploma or nursing degree, as well as 4,000 hours of experience. Technicians are taught the science behind anesthesia, and train under an anesthesiologist to learn how to administer the drugs.

WHERE YOU CAN GO

Anesthesia technicians and assistants are sought after across Canada. Most major hospitals in Canada will have at least some technicians or assistants on staff. Beyond the OR, there are opportunities in diagnostic units, post-anesthesia care units, emergency rooms, intensive care and child birth centres.

THE BASICS: Anesthesia technician

$50K

Median annual salary for an entry-level anesthesia technicians, though salaries are dependent on experience and education level.

+14%

Projected rate of job growth over the next 8 years.

Data for this feature was provided by maritimebusinesscollege.ca, cas.ca, ontariocolleges.ca, onetonline.org and algonquincollege.com.

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metro SPORTS

Somalia-born Olympic champion Mo Farah says the U.S. travel ban "seems to have made me an alien" and unsure if he can return to his U.S. home

Matthews revels in All-Star experience

NHL

Leafs star faces the best, keen to return for playoffs push

It's back to reality for Auston Matthews: the grind of his first NHL season and the Maple Leafs in the playoff hunt.

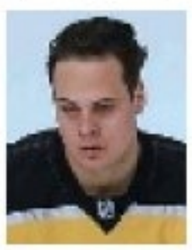
"It was a nice weekend, great experience. Got some rest, then it's back to work," said Matthews. "We're in that bubble position for a playoff spot, so we just want to continue to move forward with our young group and continue to get better."

While the Leafs will practise in Toronto on Monday afternoon, Matthews will rejoin the team in Dallas in time for Tuesday's game against the Stars. And he'll do so with memories of quite a weekend in Hockeywood, as the sign outside the Staples Center called it.

"The whole weekend was something that was special," Matthews said Sunday as the NHL's all-star festivities drew to a close. "Seeing the NHL's 100 greatest players, getting to meet all those guys, all the history, it's been something."

Matthews was also schooled somewhat by Sidney Crosby. First he was beaten by the Penguins captain in Saturday's skills competition, then skated against him in Sunday's three-on-three tournament. It was Crosby vs. Matthews for the opening faceoff — won easily by Sid.

"He was cheating hard and took the puck and started skating down the ice. I was looking at (winger Brad) Marchand after the shift and said: These guys are going. We've got to pick it up."



Auston Matthews GETTY IMAGES

Matthews scored once for the Atlantic Division while Crosby (of course) went one better with a goal and an assist in the Metropolitan Division's 10-6 victory to reach the final against Connor McDavid and the Pacific side — where the Crosby's Metro team won the $1 million prize with a 4-3 win over Connor McDavid's Pacific Division.

SUNDAY in Los Angeles

4	3
METRO DIV.	PACIFIC DIV.

"You don't really think about (the prize money)," said Crosby. "Then everybody is talking about it when you get to the final. But there's enough motivation, incentive to win. When you get out there, your competitive nature kicks in."

Matthews noted it right away.

"He doesn't like to lose. It got pretty competitive out there," said Matthews. "He's the best player in the world. You've got to watch him. I've got to watch him ever since I was a young kid, so getting to play against him is the best."

Canadiens coach Michel Therrien decided to play Matthews' line against Crosby's.

"I did it on purpose to put him against Crosby," said Therrien. "The future of the NHL against a guy who's the established (star) of the NHL.

"(Matthews) is a gifted player. I believe it was a good experience for him. The NHL needs players like him. He impressed me with his skill and his hockey sense." TORSTAR NEWS SERVICE

Metropolitan Division's Wayne Simmonds, right, of the Philadelphia Flyers, scores against Atlantic Division goalie Carey Price, of the Montreal Canadiens, during the NHL hockey All-Star game, Sunday. JAE C. HONG/THE ASSOCIATED PRESS

MLS

Bradley 'embarrassed' by Trump's travel ban

U.S. soccer captain Michael Bradley says he is "sad and embarrassed" by President Donald Trump's travel ban.

Bradley, who is also Toronto FC's skipper, took to Instagram to add to comments made earlier in an interview with Sports Illustrated' Grant Wahl.

"After 15 minutes of an interview that was centered around soccer and our national team, he asked me about my thoughts on President Trump's ban of Muslims," Bradley wrote in his verified account.

"A very fair question. But one that caught me totally off guard. Uncomfortable giving such strong thoughts without really being able to think them through, I gave an answer where I tried to make it clear that while I understand the need for safety, the values and ideals of our country should never be sacrificed.

"I believe what I said, but it was too soft. The part I left out is how sad and embarrassed I am." Trump's executive order suspended entry of all refugees to the United States for 120 days, barred Syrian refugees indefinitely, and blocked entry into the U.S. for 90 days for citizens of seven predominantly Muslim countries: Iran, Iraq, Libya, Somalia, Sudan, Syria and Yemen.

Micheal Bradley GETTY IMAGES

61

While MLS has players from 61 countries, none were born in the seven countries affected by the Trump order.

"When Trump was elected, I only hoped that the President Trump would be different than the campaigner Trump," Bradley wrote. "That the xenophobic, misogynistic and narcissistic rhetoric would be replaced with a more humble and measured approach to leading our country.

"I was wrong. And the Muslim ban is just the latest example of someone who couldn't be more out of touch with our country and the right way to move forward." THE CANADIAN PRESS

IN BRIEF

Rahm flies high in Cali

Jon Rahm of Spain added his name to the burgeoning list of young stars Sunday with his big game and a big finish at San Diego's Torrey Pines.

Rahm made two eagles over the final six holes, the last one a 60-foot putt from the back fringe on the par-5 18th hole for a 5-under 67 to win the Farmers Insurance Open by three shots for his first PGA Tour victory. THE ASSOCIATED PRESS

Egypt progress to last 4

More late drama was provided by Egypt at the African Cup of Nations when it snatched the last place in the semifinals with an 87th-minute goal to beat Morocco 1-0 on Sunday.

Egypt went into the last four at its first African Cup when Mahmoud Kahraba hooked in a volley after a goalmouth scramble right near the end of the last quarter-final in Gabon. THE ASSOCIATED PRESS

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FRIDAY'S ANSWERS

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7	4	8	3	9	1	5	2	6
5	2	9	8	7	6	3	4	1
9	6	2	1	3	4	7	8	5
4	5	1	6	8	7	2	3	9
8	7	3	9	2	5	1	6	4
6	8	7	5	1	3	4	9	2
1	3	4	2	6	9	8	5	7
2	9	5	7	4	8	6	1	3

Orlando's Bismack Biyombo dunks home two points past Raptors guard Norman Powell. RICHARD LAUTENS/TORSTAR NEWS SERVICE

NBA

Full-strength Raps tricked by Magic

For the first time this season, the Toronto Raptors were playing with a full hand.

In their 114-113 loss to the Orlando Magic on Sunday, they didn't count on having to deal with a pair of players with aces up their neoprene sleeves.

Orlando centre Nikola Vucevic and backup point guard D.J. Augustin had 25 and 21 points, respectively, and helped make former Raptor Bismack Biyombo's return to the Air Canada Centre a good one.

DeMar DeRozan rejoined his Raptors teammates on Sunday,

SUNDAY At ACC

114	113
MAGIC	RAPTORS

after an ankle injury cost him the last three games, giving the team its first full 15-man roster of the season.

Kyle Lowry led the Raptors with 33 points and DeRozan added 22 but it wasn't enough and Toronto has now lost six of its last seven. THE CANADIAN PRESS

Roger reignited by Rafa

AUSTRALIAN OPEN

Swiss veteran tops nemesis Nadal for 18th major win

So here was Roger Federer, down a break in the fifth set in a Grand Slam final. Across the net was his nemesis, Rafael Nadal, the left-handed Spaniard he hadn't been able to beat in a major final in almost a decade.

The 35-year-old father of four was back in his first tour-level tournament after six months off letting his injured left knee recover, and he hadn't won any of the big four events in tennis since Wimbledon 2012. Nadal was returning from injury, too, and somehow the pair had renewed the Roger-Rafa rivalry in a throwback Australian Open final that transcended sport.

At that moment, an 18th Grand Slam title didn't feature in Federer's thinking.

Don't play the player, he reminded himself, just play the ball. Attack the serve.

With that, Federer recovered the break, and seized momentum in a roll of winning 10 consecutive points that helped propel him to a 6-4, 3-6, 6-1, 3-6, 6-3 win late Sunday night. His fifth Australian title extended his buffer to four atop the list of all-time Grand Slam champions. Nadal remained tied with Pete Sampras in second place with 14.

Sunday's win was Roger Federer's first in a decade against Rafael Nadal in a major final. CAMERON SPENCER/GETTY IMAGES

35

By winning in Melbourne, Federer became the oldest man since Ken Rosewall in 1972 to win a slam.

"For me it's all about the comeback, about an epic match with Rafa again," Federer said, "... that I can still do it at my age after not having won a slam for almost five years.

"That's what I see. The last problem is the slam count — honestly, it doesn't matter."

Federer had lost six of the previous eight Grand Slam finals he'd played against Nadal and was 11-23 in their career meetings. His last win over Nadal in a major final was at Wimbledon in 2007.

"It remains for me the ultimate challenge to play against him," Federer said. "It's super sweet, because I haven't beaten him in a Grand Slam final for a long time now.

"This one means a lot to me because he's caused me problems over the years."

With big wins come big celebrations, Federer said. "We're going to party like rock stars tonight." THE ASSOCIATED PRESS

ON SATURDAY

Roger Federer's victory capped a remarkable weekend for 30-somethings.

All four singles finalists were 30 or older — after 35-year-old Serena Williams, bottom right, beat her older sister, Venus, in the women's final to capture her Open-era record 23rd Grand Slam title. GETTY IMAGES

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MAKE IT TONIGHT

Spiced Roasted Chicken and Chickpea Traybake

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Give chicken dinner a little jolt with this Morrocan spice blend and cool dipping sauce.

Ready in 35 minutes
Prep time: 10 minutes
Cook time: 25 minutes
Serves 4

Ingredients
- 5 Tbsp olive oil
- 4 cloves garlic, minced finely
- 1 tsp paprika
- 1 tsp cumin
- 2 tsp salt
- Pinch pepper
- Pinch of red pepper flakes
- 1 cup Greek yogurt
- 6 boneless, skinless chicken thighs
- 2 cups cherry tomatoes
- 15 ounce can chickpeas, rinsed
- 1 cup cilantro

Directions

1. Preheat oven to 450 F.

2. Whisk oil, garlic and spices together. Take 1 Tbsp of the mixture, stir it into the yogurt.

3. In a large bowl, toss the chicken, tomatoes, chickpeas and cilantro with the rest of the oil and spice mixture. Arrange in a single layer on a rimmed baking sheet.

4. Bake for 20 to 25 minutes.

5. Serve with a dollop of the spiced yogurt.

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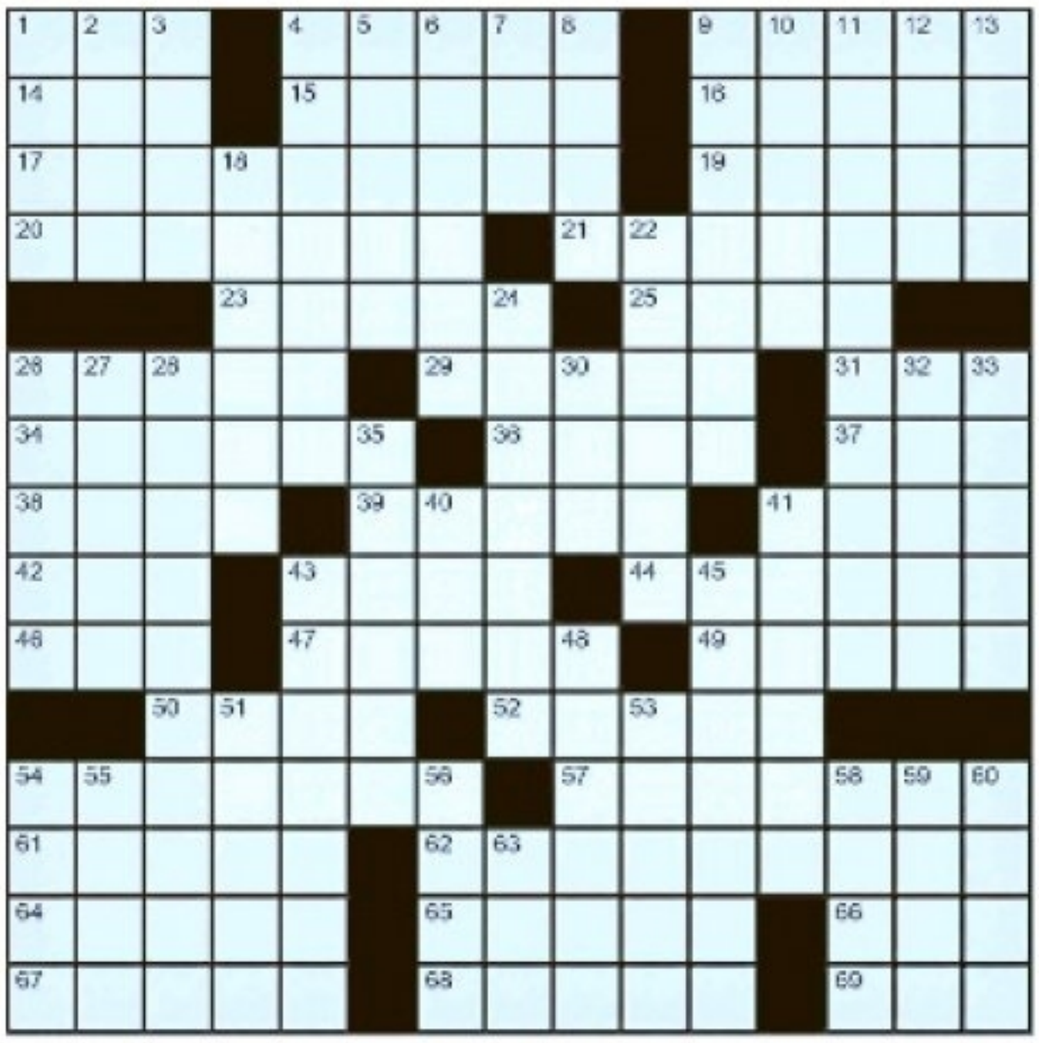
BY KELLY ANN BUCHANAN



ACROSS
1. Frequently, short style
4. Weasel kin
9. Spy for Moses
14. Vertical's opp.
15. Gabriel of "Miller's Crossing" (1990)
16. Sheep-like
17. Computer-using accessories
19. Ski run
20. Toughened
21. Those in hot pursuit in movie car chase scenes
23. More dreadful
25. Deli side dish
26. Gilbert and Rue
29. "Same here."
31. Want __ (Newspaper notices)
34. Thuds
36. Tense/tight
37. Ink-on-skin pic
38. Cars member Mr. Ocasek's
39. Unexpressed, but understood
41. Ms. Gershon
42. "Yuck."
43. Cummerbund
44. Cause and __
46. Funnyman Mr. Brooks
47. Polynesian amulets
49. Old tales
50. Genesis paradise
52. Type of duck
54. Fiercely feminine big cat
57. Ode on a __ Urn (1819 John Keats poem)
61. "You're in __ of trouble!"
62. "The Age of __" (1993) starring Daniel Day-Lewis and Michelle Pfeiffer
64. "__ Schoen" by Wayne Newton
65. American frontiersman, Daniel __ (b.1734 - d.1820)
66. Office neckwear
67. Found the math sum
68. Trigonometry ratios
69. Not even, numbers-wise

DOWN
1. Electrical resistance units
2. __ the bill
3. 1983 Spandau Ballet hit
4. Pyramid-topped pillar
5. Computer keyboard user
6. Conducted a transaction in sports or business
7. Terminate
8. Inactivity
9. Cockpit professional
10. Canadian singer Eva
11. Founded in 1972, eponymously-named Canadian cosmetics company: 2 wds.
12. __'acte (Play interlude)
13. Busy bugs
18. Certain cars
22. Shrewd
24. British movie director Guy
26. Theatre curtain fabric
27. Lewis Carroll character
28. Neil Young or Bryan Adams: 2 wds.
30. Mai __ (Cocktail)
32. Dazzle on the ballroom floor
33. Athletic trivia
35. Finishings on backyard decks
40. Get permission
41. Roller coaster ride sensation
43. __ in tradition
45. Defrauds
48. Log into an Internet account: 2 wds.
51. Toronto-born single-named music star
53. Talk in a monotone
54. "Presto!"
55. "__ a wonderful time."
56. The Kardashians, e.g.
58. "__ the Groove" by Madonna
59. __-tongued
60. Require
63. "__, _ don't." (Retort to "Yes, you do.")

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Start this week gently, because you have been high-viz and talking to lots of people. Today you want to be more lowkey, and that's just fine.

Taurus April 21 - May 21
Important discussions might take place between you and a female acquaintance. This could be about a competition with someone. Why not share your goals with this person?

Gemini May 22 - June 21
People will notice you today. They might discuss the personal details of your life, for some reason. Fear not — people see you in a positive light.

Cancer June 22 - July 23
Explore something new and different today to satisfy your urge to expand your world and learn something new. Grab any chance to travel or talk to people from other backgrounds.

Leo July 24 - Aug. 23
Clean up loose details about shared property, inheritances, taxes and debt, because you will feel better if you do this. Work to get out of debt.

Virgo Aug. 24 - Sept. 23
Be easygoing and accommodating with others today, because that's the easiest way to get through the day. Two weeks from now, you can be demanding — but not today.

Libra Sept. 24 - Oct. 23
You begin this week with a sense of purpose and a desire to get better organized. In fact, you will want to improve your health through exercise and wiser eating. Congratulations!

Scorpio Oct. 24 - Nov. 22
Today you are a Friday person in a Monday world. You would rather play hooky, party or just goof off.

Sagittarius Nov. 23 - Dec. 21
If you can cocoon at home today, you will prefer to do this because you want to hide among familiar surroundings. Family discussions might be significant, especially with a female relative.

Capricorn Dec. 22 - Jan. 20
Today you will trust your hunches more than your logic and intellect. You don't always do this, but sometimes you do — and today is one of those days.

Aquarius Jan. 21 - Feb. 19
If shopping today, you will spend your money emotionally. You will buy what you want, and not necessarily what you need. Been there, done that.

Pisces
Feb. 20 - March 20
Because the Moon is in your sign today, you will respond to people around you with heightened emotion. They might not understand this.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

		3				8		
			4		6			
8			9		2			5
	3	2				1	6	
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6			5		9			3
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		7				5		

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